

The Ten Commandments: Lesson 1

SuperTruth: I will love God.

SuperVerse: “So love the LORD your God with all your heart, soul, and strength.” Deuteronomy 6:5 (CEV)

Bible Story: Exodus 16, 19–20, 24, 31–32, 34

Game Materials

Needed:

- Two umbrellas, boxes or buckets
- Popcorn—popped, unbuttered and unsalted, rice, or slips of paper
- Small cups, one per child
- Optional: chalkboard and chalk, or poster board or whiteboard and marker
- Broom for clean up
- Bible or the Superbook Bible App

Teaching Materials

Needed:

- Scissors for children
- Brass round-head paper fasteners, one per child
- Ten Commandments Wheel Pattern
- Ten Commandments Poster
- Bible or the Superbook Bible App

SuperVerse Materials

Needed:

- Chalkboard and chalk, or whiteboard or poster board and marker
- Bible or the Superbook Bible App

Prayer Materials

Needed:

- Bible or the Superbook Bible App

LARGE GROUP / GRADES 1–6

This story will teach us about some very important rules that God gave us to guide and protect us.

- Select a video to have playing as children enter the Large Group room. Videos are under Resources on the top menu bar.
- God gave us His laws for our own good. When we follow God’s laws, we live under His protection and blessing. God also gives us His Spirit to help us follow His rules.
- Chris ignores the camp rules and gets trapped in a cave with Joy and Gizmo.

SMALL GROUP / GRADES 1–6

Game: Raining Manna (15 minutes)

Objective: Explore the Superbook story by playing a game about God’s provision.

- Manna in Hebrew actually means, “What is it?” In this game, the popcorn represents manna and you are going to collect it and throw it into the umbrella—one piece at a time!

Game Instructions:

- Divide the children into two teams and have each team stand in a circle about 8–10 feet away from their team’s umbrella. Give each child a small cup filled with the popcorn.
- Place the two umbrellas—opened and upside-down—on two different sides of the room. The team that collects the most manna in their umbrella is the winner.

Teaching: Loving God (15 minutes)

Objective: Discuss the first four commandments.

- The Ten Commandments are divided into two sections—loving God and loving others.
- Today’s focus is on the first four commandments, which all focus on our relationship with God.
- God is the Creator—the one true God. God is holy and is above all things in heaven and on Earth. We are His and His alone, made in His image. He alone is worthy of our praise and worship! God deserves our undivided attention.

Take Home Activity—Discipleship Challenge (2 minutes)

- The Discipleship Challenge for these three lessons is to memorize the Ten Commandments. The first challenge is to learn the first four commandments before the next lesson. Children are encouraged to use their Ten Commandments Wheels.

SuperVerse: Superbook Spin (5 minutes)

Objective: Memorize the Superverse with a group activity.

- Loving God isn’t just saying the words, but giving God our undivided attention with our whole self.
- Children stand in a circle and take turns being a human game spinner—and whoever the spinner points to should say one word of the SuperVerse!

Prayer: Partner Prayers (5 minutes)

Objective: Communicate with God.

- God provided Moses with two faithful partners as he led the Israelites. Aaron was his spokesperson and the high priest. Joshua was his servant and assistant.
- Children form groups of three and pray for one another, that they will keep God first in their lives.

ADDITIONAL ACTIVITIES (REFER TO THE LESSON GUIDE FOR DETAILED INSTRUCTIONS)

Interview Skit: Interview characters from the Bible story. | **Grades 1–6** | 15 min

Write a Rap—Part 1: Create a song from the first four commandments. | **Grades 1–6** | 15 min

Commandments Game: Play a game to learn the first four commandments. | **Grades 4–6** | 15 min